



# Be Prepared: Emergency Preparation Checklist for Families with Infants and Young Children

Accessible link: <https://www.cdc.gov/nutrition/emergencies-infant-feeding/checklist.html>

An emergency kit is a collection of items you may need in an emergency. There are things every family needs during an emergency. See [CDC's Family Checklist](#) to help you gather all the materials you need in case of an emergency. Use this preparation checklist in addition to CDC's Family Checklist to make sure you have all the infant and young child feeding supplies you will need.

## For families feeding their child any breast milk:

- 1-2 boxes of disposable nursing pads (reusable will require laundry daily)

## For families that rely on a breast pump:

- Breast milk storage bags or containers\*
- Small cooler with ice packs for breast milk storage
- Breast pump and pump kit parts, power cords, extra batteries\*
- Manual hand pump\* (in case of a power outage)

## For families feeding their child any formula:

- Ready-to-feed infant formula in single serving cans or bottles. Babies grow quickly so revisit your emergency kit monthly to be sure you have enough formula to meet your baby's current needs for several days. Replace formula that is expiring soon with newer bottles.
- Powdered infant formula and preparation materials.\*
  - Formula cans/containers
  - Liquid measuring cup
  - Food-grade container with lid for mixing
  - Bottled water for mixing
  - Bottles and nipples

### NOTE:

Powdered infant formula is not sterile and should only be used during emergencies when ready-to-feed infant formula is not available. It will also be important to have cleaning supplies to wash infant feeding items.



## For all families of infants and young children:

- A well-stocked diaper bag (at least one large pack of diapers, at least two packs of baby wipes, baby powder, diaper rash cream, baby wash and lotion, and re-sealable plastic bags (gallon size) for [stashing dirty diapers](#) and clothes)
- Disposable cups, dishes and feeding spoons
- Disposable bibs
- Cleaning supplies for reusable infant feeding items and breast pump parts:
  - Wash basin
  - Scrub brush
  - Dish soap
  - Mesh bag (for drying infant feeding supplies)
  - A plastic container with a lid to contain all your cleaning and feeding supplies
- Burp rags or smaller blanket
- Pacifiers\* (at least two)
- Nonperishable baby food and snacks appropriate for your child's age

- Baby carrier (e.g., sling, wrap, back or front carrier)
- Extra clothes
- Extra blankets (at least two)
- Infant pain reliever with Acetaminophen
- Bulb syringe\*
- Infant thermometer
- Child's medical records including vaccination record
- Portable crib
- Tape and marker for labeling
- Safe drinking water such as bottled water

### Additional items to consider:

- Small camp stove, fuel, and a pot for boiling water to make water safe to use and to sanitize infant feeding supplies

### \*IMPORTANT SAFETY MESSAGE:

Certain items may not be safe in certain emergencies. If you cannot clean these items appropriately with safe water and soap, do not use them.



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